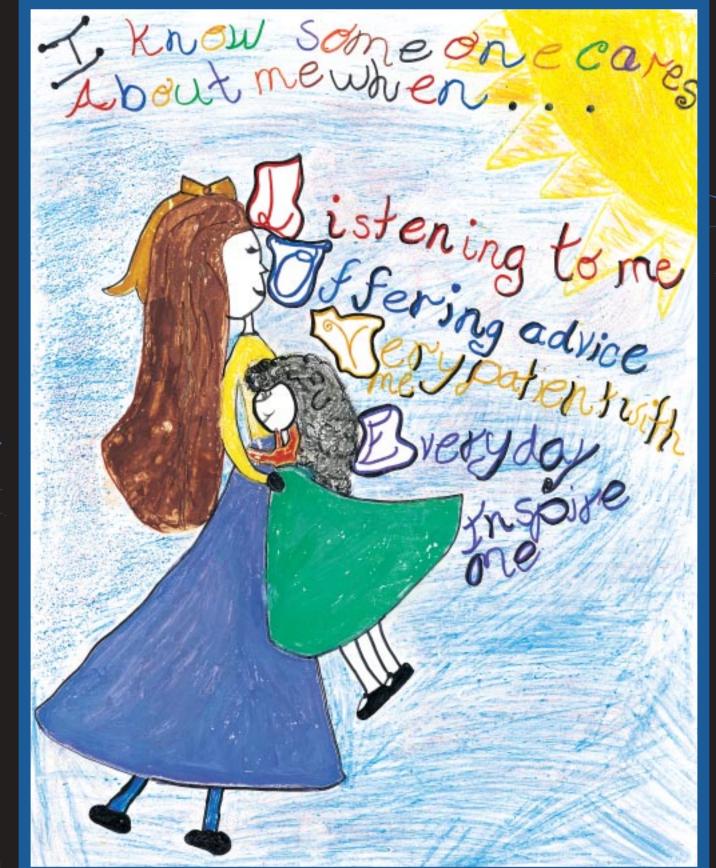
Tiyonna Amani Stewart, 7 Battle Hill Elementary Union, NJ



FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.state.nj.us/humanservices/cap/njcap3.html

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Notes				Start summer reading lists for you and for the kids.	2 Single parents have twice as many responsibilities. If you need to talk, Call 1-800-THE KIDS.	July is Ice Cream Month. Enjoy your favorite flavor — or make homemade ice cream with your children.
Independence Day Enjoy this special day of picnics, parades and fireworks with your family.	Need help coping with the demands of parenting? Call 1-800-THE KIDS.	Children know you care when you celebrate their accomplishments.	Disagreements occur in every family, so compromise is a great skill to teach your kids.	This summer, encourage your children to read out loud or silently every day for 15 to 30 minutes, depending on their age.	9 Check your local paper for festivals, outdoor concerts and other fun family events coming up this weekend.	Pin up a map of the U.S. and help children learn the 50 states.
Even young children can help with dinner. Show them how to shuck corn, shell peas or snap beans.	Working parents need to schedule some time for themselves.	Strong, loving family relationships help your kids face the world with confidence.	If your children use the Internet, remind them never to reveal personal information — name, address or telephone number — to anyone.	Ask older children to read to younger children while you prepare dinner.	Showing honesty and respect works wonders with children of all ages.	If your child is a "loner," make efforts to arrange playdates with other children.
Let your children know you trust them to do the right thing.	Bring books and nutritious snacks for your kids when you visit the doctor's office and other places where you expect to wait.	Set an example of fairness and kindness to others for your children to follow.	Music can calm an infant. As babies get older, encourage them to clap and sing along.	There are no perfect parents. So forgive yourself when you're less than perfect.	When your child is upset or down, take a few moments to offer a hug and an understanding ear.	Today, take the kids to a local "U-pick" farm or farmer's market for a supply of fresh fruits and vegetables.
Ask the kids to think of five cool ways to beat the heat. Try their ideas!	Make laughter part of every day in your home.	Quality time with your kids can be as simple as reading a story or listening to music together.	For a refreshing and easy-to-make treat, let the kids freeze fruit juices in ice cube trays.	Making a written list of chores for children can save you a lot of nagging.	30 Share your children's joy.	Some give and take is needed in every family.